

if you can complete one cycle in totality
you have understood the flow
and you can feel the beauty of that one exchange
slow down
find the pulse
the desire...the thought...the action...one single thing
you have mastered it

mastering is not of many things
masters are not people who know many things
they know only one thing at a time...whatever they do
mastering the inner thread of that particular doing creates a master out of him
he has learned the key
and that key can be applied to everything
that key can be applied everywhere...
in everything you do...

now you are watching me
this same quality is within you
see the consciousness that is within you
feel...and act...in oneness
one...just one

that is why tai chi or vipassana masters give you only one action
just do this one act...continuously...again and again...
what are they doing ?
they are teaching you the inner science
it looks boring but they are showing you the inner science
and once you know the formula...you will start laughing
it is ridiculously easy
it is so simple
how you keep missing the point ?
truth is simple...easy

you just need to pay deep attention
know the taste and apply it in small small acts
just one week !
if you can live in your house silently...watching the flow...
following the thread...living it in totality...
something magnetic will arise around you
people will start looking at you
what is it about him ?

you are not losing energy
you have become a magnet
once the magnet works you cannot stop it
understand the source and how it releases itself
just one cycle...please !
with me...learn only this one thing
just one simple thing...
and you do not need any more learning

those who know...know its ease...its simplicity...
and i say again and again
that truth is simple because it needs no support
lies need a lot of support
many complicated equations and formulas...
great theories and karmas...
after life and future life...
these are all lies !
lies need support to stand on something
the truth needs nothing
but a simple deep understanding
slow down...become silent...observe small things
and hidden in them is the truth that you are seeking
and if you cannot find truth in simple small things
know it from me
you have missed the point